DELIGHT-full daily exercise for LADIES and *Gentlewomen.*

Whereby is set foorth the secrete misteries of the purest preseruings in Glasses and other Confrictionaries, as making of Breads, Pastes, Preserues, Suckets, Marmalates, Tartstuffes, rough Candies, with many other things neuer before in Print.

Whereto is added a Booke of Cookery.

BY

John [illegible] Professor thereof

LONDON.

Printed for *Tho: Deuve*, and are to be sold at his Shoppe in *S:* Dunstons Church-yard in Fleete-Street. 1611.

MVSEVM
BRITAN
NICVM

TO ALL LADIES and GENTLEWOMEN, and others whatsoeuer.

COurteous Ladies and Gentlewomen, and al

other well diſpoſed whatſoeuer, the kinde entertainement that my bookes haue found at many of your handes hath moued mee to put in print to your viewes, with your fauours, an Aditi-on to my former

practiſe

practise which I did attaine vnto in my trauels when I was in France, Italy, the Low-Countries, and diuers other places: the much importunãcy of many of my worthy friendes, as Ladies and Gen-

tlewomen, and o-
thers, to put in
print these insu-
ing labours for a
generall good, so
hoping that whoso-
euer shall peruse
the same Art and
Mistery, by rea-
ding thereof wilbe
more desirus to pra-

ctise

tise the same without any wearinesse: I haue thought good to reueale it in a smal volumne, hoping as I haue laboured in trauell to attaine to the same, that you will be pleased to thinke well of these my la-

bours, so shall I be incouraged to wade thrugh many more of the like practises, and I thought it necessary to adde to the ende of the Booke a Treatise containing many of the best Cookeries vsed at this present

present for the benefit of the unskilfull : perswading my selfe that they which practise any of the same, will finde them both pleasant and profitable ; I could here make a large Preface for the

com-

cõmending of these my labours, and the discõmending of many of these kind that are vsed at this day, but those I will not meddle withal, but will be ready to doe you any seruice I can.

IO: MVRREL.

IF any of you are desi-rous of any of the Moulds mentioned in the Booke, you may enquire at the shoppe of *Thomas Dewe* in St. *Dunstons* Church-yarde in Fleetstreete, where you may haue them.

kro
To
To

A Table containing the chiefe heads in this Booke.

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A delightful and dayly exercise for Ladies and Gentlewomen.

How to make Paste of *diuers fashions.*

I

To make French Mackroones of the best fashion.

TAke a pound of Almonds & blanch them in colde water, dry them in a faire Cloth, beate them in a

ſtone Morter, then put thereto halfe a pound of fine Sugar beaten to flower, putting in now and then a ſpoonefull of Roſe water to keepe your Almonds white, then take the whites of three new laid Egges, taking out the treads, and beate them with a burchen twigge to froath in a fayre diſh, then put it into your beaten Almonds and ſuger, then take Marchpaine vafers and lay them vpon a paper, then lay your Marchpaine ſtuffe vpon the vafers, like little roules as long as your finger, then ſet them into an Ouen as hotte as for manchet, and ſet vp your lid

while

while they riſe white, then take downe the lidde and let them ſtand a quarter of an houre, then take them out & breake the waſte March-paine vafers from the egges, (but not from the bottome) then lay them in a hot diſh one by another ſetting them in the Ouen againe and let them ſtand ſixe houres: ſo may you keepe them dry in a Box all the yeare long. If you will ſpend them preſently, bake them not after the firſt baking: if you will haue them rich let your Suger bee twiſe refinde, and put in a graine of Ambergreeſe, and two graines of Muske, but in

any caſe dry not your Almonds, not vpon coales as I bad you in the firſt Booke, for I haue found that it maks the *Mackroones* blacke and heauy.

2

To make greene Mackroones.

TAke two graines of Muske, a graine of Amber-greeſe, aſmuch ſappe greene as a Hazell Nut, and ſteepe them in ſixe ſponfuls of Damaske Roſe-water, then take a pound of Almōds blancht and dryed in a faire cloath,

cloath, and beate them in a Stone morter, putting in now and then a ſponefull of this greene water: then take halfe a pound of dubble refined Sugar beaten very fine, and ſo beate them altogether in a mortar with the reſt of the greene water, then beate the whites of two new laid egges, beaten to froath with a burchen twig: the reaſon why you haue the white of an egge leſſe then in the other, is becauſe you haue more water to moyſten your Almonds; then put the whites of your egges into your Almonds, and ſtirre them with a ſpoone, then lay

them vpon Marchpaine wafers and papers, and bake them and dry them as the other before, and so keepe them all the yeare long.

2

To make letters and knots in Almonds.

TAke eight ounces of very fine flower baked in an Ouen, close couered, then put in foure ounces Sugar in flower, very finely beaten & cersed through tiffeny, worke it betweene your hands with sweete butter, the quantitie of two ounces, then worke it to

to Paſt with the white of an egge and Damaskeroſe water, then roule it very thinne and cut it in long ſlices an inch and a halfe broad, then take eight ounces of Almonds being blancht, and beate them in a mortar, with foure ounces of ſugar, a grain of muske, a ſpoonefull or two of Roſe water, then lay your Almonds vpon the foreſaid ſliced paſt as big as your little finger, then wette the edges of your paſte and cloſe them together in round rowles, cutting off the edges with a rowell, then turne it into letters and knots, and bake them in a white paper

being buttered, baked in an Ouen as hot as for manchet, and wette the bottome of your Ouen and set vp your lidde till they looke white, letting them stand while you may tell a hundred and they will be enough, and so you may vse them at your pleasure: before you bake them you must pricke thē through with a needle.

4

To make Shrewsbery Cakes.

TAke a quart of very fine flower, eight ounces of fine

fine ſugar beaten and ceriſed, twelue ounces of ſweete butter, a Nutmegge grated, two or three ſpooneſuls of damaske roſewater, worke all theſe together with your hands as hard as you can for the ſpace of halfe an houre, then roule it in little round Cakes, about the thickneſſe of three ſhillings one vpon another, then take a ſiluer Cup or a glaſſe ſome foure or three inches ouer, and cut the cakes in them, then ſtrow ſome flower vpon white papers & lay them vpon them, and bake them in an Ouen as hotte as for Manchet, ſet vp your lid till you may tell

a hundreth, then you ſhall ſee the white, if any of them riſe vp clap them downe with ſome cleane thing, and if your Ouen be not too hot ſet vp your lid againe, and in a quarter of an houre they wil be baked enough, but in any caſe take heede your Ouen be not too hot, for they muſt not looke browne but white, and ſo draw them foorth & lay them one vpon another till they bee could, and you may keep them halfe a yeare the new baked are beſt.

5

To make Engliſh Biſket.

Take eight new layd egges, taking away the whites of foure of them, beate the eight yoalks and the other foure whites in a faire bowle the fourth part of an houre, then take a pound of fine flower being dryed in an earthen pot cloſe couered: then take eight ounces of hard ſugar beaten fine, and beate them into your egges with the end of a rowling pin, and beate it ſo very hard for the ſpace of an houre,

houre but by no meanes let it not ſtand ſtill, alwayes beating it, then haue an Ouen as hot as for manchet ready cleane, hauing ſome ſaucers of flat plates, or little tyn Coffins buttered ouer with a feather as thinne as you can ſtrike it ouer, then put into your foreſaid paſte Coliander ſeede, ſweete Fennell ſeede, and Caroway ſeed, of each the fourth part of an ounce, when you haue beaten theſe into your paſte, put it into your ſaucers, and ſet them preſently into the Ouen, and when you ſee it riſe vp and looke white, you may take downe your lid,

and

and in a quarter of an houre they will be made, then box it vp and keepe it all the yeare.

6

To make Iambales.

TAke eight ounces of flower dryed in an Ouen, foure ounces of hard Sugar beaten and cerſt, one ounce of Aniſeede being dryed and rubd betweene your hands, the duſt taken cleane out, mixe all theſe together with the whites of two new layd egges, and aſmuch damaske-roſe-water as

as will worke it with a good temperate paſt, then roule it in long roules as big as your little finger, then caſt it into Letters or Knots of what faſhion you pleaſe, ſo pricke with a Needle and bake it in an Ouen vpon white papers as hot as for Manchet, and in a quarter of an houre they will bee enough, and then Box them and keepe them dry all the yeare long for your vſe, and let them not bee browne in any caſe.

7

To make french Biskets.

TAke two pound of fine flower, being baked in an Ouen, take eight ounces of Sugar beaten and cerſed, Coliander-ſeed, ſweet Fennell-ſeede and Caraway-ſeede, of theſe, each an ounce, worke all theſe into a lythe paſte with eight new layd egges and a little Roſe-water, then roule it vp in a faire cloath like a pudding, as big as your Legge, and pin it vp cloſe and tye it faſt at both ends, that no water get in, then

then put it into a Kettle of boyling water, letting it boyle two houres ſtiring it now and then that it burne not too, then take it vp and cut it in thickneſſe of an ordinary trencher in round pieces, then lay it vpon a wyar lattiſe and ſette it in a warme Ouen, and when it is drye that you may beate to powder, then take a pound of double refined Sugar, and boyle it to a Candie height with as much Roſe-water as will deſolue it, then take your foreſaid dry bisket and dip it into your hot Sugar, & lay it vpon your wyars againe, and ſet it in a warme

Ouen

ouen three or foure houres after the bread is drawn out, and within an houre turne it, and when it is dry it will bee like candied all ouer, ſo box it and it will keepe all the yeare.

8

To make Bread called the Italian cruſt.

TAke ſixteene ounces of fine flower dryed in an ouen, eight ounces of fine ſugar beaten and cearſt, one Nutmeg, a race of Ginger finely beaten, a graine of Muske, a thimble-full of the

powder

powder of an Oring-peele: worke all these into past, with foure ounces of butter, and the whites of foure new laide Egges, and worke them into small rowles as long as your finger, like a bakers rowle, then set them vpon a white paper being buttered and pricke them very thicke with a needle, then washe them ouer with the white of an egge, and strewe them all ouer with Sugar carowayes then set them into an ouen as hotte as for manchet, and when you see them looke white, take downe your lid and in a quarter of an houre they will bee backt, and box them

them and keepe them dry for your vſe.

9

To make puffe depine.

TAke foure quarts of fine floure, worke it with faire water into a reaſonable light paſt, foure pound of ſweete butter, waſhing it till it bee very light, beating out the water cleane from it, then dry the butter very dry in a cleane cloath, then roule your foreſaid paſt as thinne as your fingers then take the butter and ſpread it in the midſt of your paſt, then heale in

in your butter close, with the foure sides of your past ver close, then crush it down with your rowling-pinne, and rowle it as thicke as your hand, then turne both sides together, and let them meete in the middle and so crush it out againe, and rowle it as thicke as your hand, so turning and rowling of it twenty times it will bee enough, and at the last rowling, rowle as thinne as your finger, then cut it in lossinges foure square like Diamonds the breadth of foure fingers, & lay them vp in white papers not touching one another, then wash them ouer with an egge, and

set

ſet them in an ouen as hot as for a manchet, and when you ſee them riſe vp and looke yellow, take downe your lid, and in halfe a quarter of an houre you may take them foorth and keepe it for your vſe.

10

To make Cracknels.

TAke halfe a peck of fine flower, a pound of ſugar beaten and ſifted, Cloues, Mace, Nutmegs, Sinamon and Ginger, of each halfe an ounce beaten and ſifted very fine, then take foure new laid egges,

egges three or foure ſpoone-
fuls of Damaske-roſe-water,
beate them with as much
ſweete creame as will make a
good ſtiffe paſt, then rowle it
out in round cakes ſix inches
broad, as thicke as an ordina-
ry trencher, then cut them
round, and turne vp an edge
round about like a Tart, and
pricke them as thicke as euer
you can with a needle, then
haue a pan of boyling water
ready on the fire, and hold
them in the water with a cou-
ple of skimmers while you
may tell a hundreth, and
when they bee cold and dry
ſet them vpon flowred pa-
pers, then ſet them in an o-

uen

uen as hotte as for manchet, but firſt wet your ouen both aboue and belowe to take away the ſcorching heat, ſtop not the ouen at all, and in a quarter of an houre they will be enough, then drawe them out and keepe them for your vſe.

II

To make paſt of Quinces or Peaches.

TAke yellow peare quinces boyle them tender in their skins, then pare them and ſcrape the cleareſt of the pulpe from the coare, but not

not too neere for the coare is grauelly, then take ſo much refined ſugar as this pulp doth weigh, and boyle it to a candy height with as much Roſe-water as will diſſolue it with a graine of muske, then put your pulpe in a faire cloth, and wring out the water very dry, then put it into your hott ſugar and ſtirre it with a ſpoone as it boyleth till it come cleane from the bottome of the poſnet, then lay it one a ſheete of glaſſe in what faſhion you pleaſe, and ſet it into a warme ouen or ſtoue, and the next day turne it, and when it is through dry with a candy all ouer

ouer, you may box it and vſe it all the yeere: you may likewiſe make the ſame of Peaches, but not mingled together, for the one taſt ſpoileth the other, neither dry the pulpe vpon the fire, for I find that it ſpoyleth the colour of the paſt.

12

To make greene paſt naturall.

TAke green Pippins that groweth in the ſhade, quodle them in the ſkins take the pulpe and boyle it with a litle Roſe-water in a ſiluer diſh on a chafindiſh of

coales close couered till you see it begin to looke greene, then take the waight of your pulpe in double refined sugar boyled to a candy height with as much Rose-water as will desolue it, and a graine of Muske, then put in your pulpe into the boyling sugar keeping it alwayes stirring till it come from the bottom of the posnet, then lay it vpon a sheete of glasse in what fashion you please, and set it in a warme ouen or stoue, and when you see it candied on the vpper side turne it and let it candy on the other side, and when it is very dry it will bee greene and very

clear

cleare, and ſo keepe it dry in boxes for your vſe.

13

To make Almond paſt.

TAke ſmall Almonds and blanch them in could water, and dry them in a faire cloath, then beat them in a ſtone morter putting now and then a ſpoonefull of Roſe-water to keepe them from oyling: when you haue beaten them very fine, then put to euery two pound of Almonds a pound of hard ſugar beaten to powder, and two graines of Muske, and

beate it as faſt as you can till it come to a very fine paſt, and ſo worke it in what faſhion you will.

Diuers formes of preſerues with their vſes.

14

To preſerue Peare-plums greene.

TAke faire Peare-plums taken greene from the tree, and put them in hot water to ſwell them, cutting

ting off halfe the ſtalke and dry them in a cleane linnen cloth, cut them a little croſſe the crown with a litle ſharpe knife to keepe them from breaking any where elſe, then ſet them in a greene glaſſe that will endure boyling, then take as much ſugar as the plums doe waigh, clarified with as much Roſe-water as wil deſoule it, when it is clarified, put it in hotte to the plummes, then fill either a braſſe pot or Iron pot with water, and ſet in your glaſſe with the plummes and Sugar, put in the pot vnder your glaſſe with a gooddeale of hay to keepe the glaſſe from

from ſincking too lowe and to breake the heate, then let the water boyle ſoftly foure houres, then take out the glaſſe and let it ſtand in the ſirrupe till the next day, then take out your plummes by the ſtalke, and cloſe them together in the crowne, making your ſirrup warme that you may cloſe them, then put them in a gally-pot or glaſſe, then boyle the ſirrup till it bee ſomething ſtiffe, and powre it to your plummes and when it is cold bind it very cloſe with paper from the ayre: and ſo you may keepe it all the yeere, but in any caſe licke not the ſpoone

in

in the making or ſtirring of it, for it will make your ſirrup to hoare.

15

How to refine your Sugar.

TAke a pound of powder Sugar, ſet it on the fire with as much Roſe-water as will deſolue it, then take the whites of two new laide egges beating them together with a birchen twig to froth, and when the Sugar boyleth put in the whites of of egges, then take it off the fire and skimme it, and you ſhall finde that the whites of

egges, wil bring vp the blacks & drosse out of your Sugar, putting to euery pound two whites of egges.

16

To preserue other plummes greene.

TAke your plums greene from the tree, and swell them in a litle hot water, then dry them in a cloth, and cut them in the crowne to keepe them from breaking any where else, set them in a greene glasse with the stalkes vpward, put to them as much clarified Sugar as your

your plummes doe waigh, then ſet your glaſſe in a pot of boyling water putting hay vnder it, and about it, to keepe away the fierceneſſe of the heate from your glaſſe, then let it boyle ſoftly foure houres, then take your glaſſe out, and let your plums ſtand in the ſirrup til next day, then warme your ſirrup, and cloſe vp the plums in the crowne with your fingers, then put them in a gally-pot or glaſſe and boyle your ſirrup ſomewhat thicke, then put it to your plummes, and when it is cold bind it vp cloſe from the ayre to keepe all the yeere.

To preserue Wardens.

TAke of your fairest Wardens, pare them, and coare them as a Quince, then boyle thē in claret-wine as much as will couer them, putting a quantity of whole Sinamon and a fewe whole Cloues; put in euery potle of Wine halfe a pound of Sugar, so boyle it close couered and when you see the Wardens begin to be red and tender, then take them off, letting them stand till the next day in the sirrup, then take as much

much Sugar as the Wardens doe weigh, and take as much of the ſirrup as will diſſolue the Sugar, and when it is boyld and skumbd, then put in your Wardens, putting into them a graine of Muske, letting them boyle ſoftly very cloſe couered the ſpace of foure houres, now and then turning them with a ſpoone ſoſoftly as you can ſcarce deſcerne them, or elſe your ſirrup will burne, then putting them vp into galley-pots betweene hot & cold, and ſtop them very cloſe frō the aire, you may keepe them ſo all the yeere for your vſe.

To

18

To preſerue Pippins greene.

GAther greene Pippins, eſpecially thoſe growing vpon the water boughes and in the ſhadowe, pare them very cleane, and take out the coare as out of a Quince, and ſet them one by one in a greene glaſſe that will endure hot Sugar, then take as much clarified Sugar as your Pippins weigh and put it in hot, then ſet your glaſſe in a pot of boyling water, putting hay vnder it and about it to keepe the heate from

from the glaſſe putting in a graine of Muske letting your pot boyle ſoftly ſixe houres, now and then turne the Pippins in the glaſſe, and betwixt hot and cold put them into galley-pots or glaſſes, then boyle your ſirrup till it bee thicke, and put it to your Pippins, and bind it vp cloſe from the ayre.

19

To preſerue Barberies red.

TAke a pound of the faireſt Barberies & ſtone them on the one ſide with a needle, then take halfe a pound

pound of other Barberies and ſtampe them and ſtraine them, put to that ſirrup two pound of clarified ſugar, then put your Barberies into a Crooked lane pot ſuch as you make a pudding in, then put your two pound of clarified Sugar in your Barberies, then couer your pot cloſe and ſet it into a pot of boyling water, and let it boyle foure houres, then take vp your Barberies and put them vp in galley-pots or glaſſes, then boyle your ſirrup till it bee thicke and put it warme to the Barberies, and when it is cold bind it vppe cloſe from the

ayre,

ayre, and ſo keepe it for your vſe.

20

To preſerue Pippins.

TAke of your cleareſt old Pippins and pare them very ſmooth, taking out the coare with a litle ſcoope of purpoſe, as out of a Quince, putting them into a Crooked-lane pot, put into them a pound of clarified Sugar to euery pound of Pippins, a ſpooneſull of ſirrup of Raſberies, a graine of Muske, a ſticke of Sinamon, a fewe whole Cloues: ſtop the pot very

very close, and set it into a pot of boyling water, letting it boyle foure or fiue houres close couered, then take vp your Pippins betwixt hot and cold, put them into galley-pots and glasses, and if your sirrup be not thicke enough, boyle it thicker, and powre it in warme to your Pippins, and bind it close and keepe it for your vse all the yeere long.

21

To preserue white Peare-plums

TAke a pound of your faireſt Peare-plums, cut the

the ſtalke in the midſt and croſſe them ouer with your knife vpon the top, and then ſette them in a greene glaſſe that will hold hot Sugar; then take a pound of clarified Sugar hot and powre it into the plummes, then ſet your glaſſe into a pot of boyling water, putting hay vnder your glaſſe, and round about it, ſo let it boyle three houres, then take out the glaſſe and let it ſtand till the next day, then warme your ſirrup & take out your plums and cloſe them vppe with a knife in a ſpoone, boyling your ſirrup till it bee thicke, and then put it in warme,

and

and when they be cold put them in galley-pots or glasses, and so binde them very close from the ayre, and keepe it for your vse all the yeere long.

22

To preserue greene Peaches or Apricocks.

TAke greene Peaches or Apricocks when you may thrust a needle through them, then scald them in hot water, wype them dry with a faire cloth, take twise their waight in clarified Sugar, and when it boyleth

boyleth vp throw in your Apricocks or Peaches being prickt through with a needie and let them boyle vp to the top. then take them off presently & let them coole, then set them one the fire againe letting them boile very hastily fiue or six times one after another but if you should alwayes let them boyle apace the sirrup would burne, and too softly, they would wither and shrinke away, and so letting it stand two or three dayes in the sirrup then boyle them once or twise more and put them vp in galley-pots or glasses, and when they bee cold binde them

them vp for all the yeere.

23

To Sucket greene Walnuts before they be ſheld.

TAke greene Walnuts before they bee ſheld and lay them two dayes in faire water, then boyle them an houre in faire water, and take to a pound of Walnuts, two pound of Sugar, a pint of Roſe-water, and two graines of Muske: let them boyle three houres vpon a moderate fire very ſoftly, then put them either in a earthen or ſiluer baſon, and

and let them ſtand three dayes in the ſirrup, then boyle them an houre more, and when the ſirrup begins to be blacke and thicke, then put them vp betweene hot and cold, and put them into galley-pots or glaſſes for your vſe.

24

To preſerue Damſons.

TAke a pound of faire Damſons cutting them croſſe ouerthwart with your knife on the top, and ſet them in a greene glaſſe that wil hold hot Sugar, then take

take a pound of clarified ſugar hot and poure it into the plums, then ſet your glaſſe into a pot of boyling water. putting hay vnder and about your glaſſe to keepe the heat from it, ſo let it boyle three houres, then take out the glaſſe and let it ſtand till the next day, then warme your ſurrup and take out your plums, and cloſe them vp with a knife in A ſpone, boyling your ſurrup till it bee thick and put it in warme: and when they be could put them in Gally-potts or glaſſes, and bind them very cloſe from the Ayre: and you may very well keepe them

for

for your vſe all the yeare long.

25

To make greene marmelady of Pippings.

PAre greene Pippins and cut them in peeces, and boyle them betweene two diſhes in roſe water and Sugar, and a graine of Muske, boyle the very ſoberly cloſe couered till you ſee your pippins begin to looke greene, then ſtirre them with a Siluer ſpoone till they be ſomthing dry; then take aſmuch double refined ſugar, as you

pulpe

pulpe doth way, boyle it to a candie height with aſmuch roſe-water as will deſolue it, then put your pulpe into it and boyle it, alwayes ſturring it while it grow ſtiffe, and come from the bottome of the poſnet, then put it into Marmelate boxes, and when it is could ſette it into a Stoue or a warme ouen, and it will candie vpon the toppe, then you may box it vp, and keepe it for your vſe all the yeare.

To

To make redde Marmelady of Pippings, that ſhall looke very orient.

TAke of the fayreſt ould Pippings, cut them in quarters and take out the coares, blacks and bruſes, and boyle them in as much Claret wine as will couer them: with a ſticke of Sinamond, and a little ſugar being cloſe couered, and when you ſee them looke red and very tender, then take them vp and dry them in a cleane cloath, then incorporate

them with a ſpoonefull of conſerue of Barberies, or Rasberies, and a graine of Muske, then take aſmuch double refined Sugar as the pulpe doth waigh, and boyle it to a Candie height with aſmuch Roſe-water as will deſolue it, then put in the pulpe and boyle it while it commeth from the bottome of the poſnet: then box it in Marmelate boxes, and when it is cold ſet it into a warme Ouen or ſtoue, till it be candied on the top, and ſo keepe it to vſe all the yeare.

Tart-

Tart-ſtuffes

27

To make an excellent Tart-ſtuffe of Damſons.

TAke a pottle of Damſons and put them into an earthen pot, ſtopped very cloſe, and put it into a potte of boyling water, letting it boyle foure or fiue houres but neuer vnſtop it in that time, & then ſtraine through a cuſhen canuaſſe like con-

ſerues, then put it into the earthen pot againe, putting to euery pound of that pulſe a pound of hard Sugar, a graine of Muske, then ſtopp the pot againe and ſet it into a pot of boyling water, and let it boyle two houres cloſe couered, then poure it into a ſiluer or earthen baſon, ſet it vpon a chafeing-diſh of coales and boyle it til it be thicke, alwayes ſtirring it ſtill that it burne not too: then take the waight of the pulſe of double refined ſugar, boyled to the height of a candy, then put in your pulpe into the hotte ſugar, boyle it, alwayes ſtirring it

till

til it come from the bottom, box it in Mirmelate boxes and when it is could set it in a hot ouen till it be candied on the top, and keepe it all the yeare.

28

To make tart-stuffe of proines,

TAke foure pound of proins, put them into an earthen pot with a graine of Muske, a sticke of Sinamon, a few cloues, a pint of Claret-wine, a pound of sugar: stop them close and set them in the Ouen with the

browne-bread, and after foure houres baking ſtraine it through a canuas ſtrainer, take to euery pound of that pulſe, halfe a pound of Sugar, and boyle it in a poſnet, alwaies ſtirring it till it bee ſomething ſtiffe: then put it vp into gallepots or glaſſes, and when it is cold, bind it vp cloſe from the ayre, and ſo keepe it all the yeare.

29

To make white tart-ſtuffe.

TAke a quart of ſweete Creame, and the whites of tenne egges, ſtraine them and

and boyle them, then put in three or foure Nutmegges, cut in foure quarters; a little whole mace, a graine of muske, and boyle it: ſtirre it alwaies till it bee thicke like curds, then ſtraine it through a Canuaſe ſtrainer, with halfe a pound of hard ſugar beaten to pouder, with a quarter of a pint of Roſe-water, and keepe it for your vſe three or foure dayes.

30

To make yellow tart-ſtuffe.

TAke tenne egges and ſtraine them through a

ſtrainer, with a quart of ſweete Creame, boyle it with a little whole mace, a little whole ginger, a quartered Nutmeg, a graine of muske, till it bee thicke: then ſtraine it through a ſtrainer with a quarter of a pint of roſe-water, halfe a pound of ſugar and ſo keepe it for your vſe two or three dayes.

31

To make white Ginger-bread.

TAke halfe a pound of marchpaine paſt, a quarter of a pound of white Ginger

ger beaten and cerſt, halfe a pound of the powder of refined ſugar, beate this to very fine paſte with dragagant ſteept in roſe-water, then roule it in round cakes and print it with your moulds: dry them in an ouen when the breade is drawne foorth, vpon white papers, & when they be very dry, box them, and keepe them all the yeare.

To

32

To rough Candy Roſemary branches in their colour and ſmell.

TAke two ounces of gumme Atibecke, ſteep it in a quarter of a pint of roſe-water, then take the branches of roſemary, and dip them in the gumme water, then take white ſugar-candie, breake it in ſmall pieces like ſparkes of Diamonds, then take your branches of roſe-mary and ſhake it out of the water, but dry it not, then roule it in the ſugar-

gar-candie, and ſo farre as your Roſemary is wette the candy wil ſticke vpon it, then lay it vpon the white papers in the ſunne, now and then turning them, and when they be through dry, put them in boxes for your vſe.

33

To rough candy all kind of flowers in their colours and ſmell.

GAther what flowers you pleaſe, in the heate of the day, when the dew is off them, and doe in all things, as in the Roſemary; ſo boxe them

them and keepe them dry all the yeare.

34

To ſucket candy greene Lemons, a very cordial thing for the Stomake.

TAke greene Lemons, and preſerue them in as much clarified Sugar as will couer them, then take them out of the Sugar and dry them in a cloath then lay them vpon a ſheet of glaſſe, and ſet them in a warme Ouen or ſtoue, ſixe or ſeauen dayes, then take as much double refined ſugar as

as will couer them, and boyle it to a candy height with as much Roſe-water as will deſolue them, then throw on your dryed Lemons & turne them with a ſpoone in the Sugar, then betweene hott and cold put them vp in Galley-pots or glaſſes, and when they be cold bind them cloſe and keepe them all the yeere.

39

To Sucket Candy greene Ginger.

DOe as I haue in all things, as I ſhewed you in the Lemons, but dry not your

your Ginger aboue too daies for it will be hard.

36

To Succet greene Peaches or Apricocks.

THese fruits being preserued dry them in a faire cloth, and lay them vpon a sheete of glasse, and set them in a warme Ouen or Stoue three or foure dayes, then boyle as much double refined Sugar as will couer them with as much Rose-water as will desolue it, then throwe in your fruite, and turne it in the hott Sugar

with

with a ſpoone, and betwixt hóet and cold put it vp in Galley-pots or glaſſes, and ſo bind them cloſe for your vſe.

37

To make Marchpaine paſt.

CEaſe the fineſt and the whiteſt double refined Sugar you can get, putting to euery pound of that Sugar, halfe a pound of blancht Almonds being finely beaten fine, & a graine of Musk, beate theſe to a perfect paſt with as much dragagant as halfe a Wal-nut, being ſteept in

A delightfull and daily exercise

in Roſe-water, in beating your Almonds you muſt put in a ſpoonefull of Roſe-water now and then to keepe them white, beat all theſe together in a ſtone morter exceeding well into a very fine paſt, and ſo you may worke it into a Marchpaine of what faſhion you will.

38

To make a March-paine to Ice it, garniſh, and guild it according to Art.

TAke of your foreſaide paſt and rowle it into a broad

broad round ſheet of ſixteen or eighteene ynches the thicknes of an ordinary trencher, turning it vp with an edge as high as your finger, and pinch it with your pinchers, then worke in the middle a Tower or Caſtle, then pricke about it long Comfits ſticking between them ſome ſmall Lyons, or ſmall birds. then ſet it into a warme Ouen to dry it, and when it looketh white, and bee a litle dryed take it forth and waſh it all ouer with powder of double refined Sugar being cearſt and beate into batter with the whites of two or three egges, and a litle Roſe-

water,

water, then set it into a warme Ouen againe, and in a quarter of an houre it will looke all ouer like yce, then take it forth againe, then take the white of an egge being beaten to froth, and with your pensell wet the toppes of your Comfits, and here and there a spot on your tower, then take leafe gold and cut it in square peeces like a diamond on your gold cushion, then dip your pencell in the white of an egge, and touch your gold at one corner with it, & it will sticke to it, and lay vpon euery place where you wet, a Diamond of your cut gold and

seruc

ſerue it for your vſe all the yeere.

29

To make paſt of Oringes.

TAke of the thickeſt Oringes, pare off the outtermoſt skin and cut them in quarters, and take the coare cleane out and lay them in water foure dayes, and ſhift them twiſe a day, then boyle them very tender in faire water, wring them very dry in a very faire cloth, then take twiſe as much double refined Sugar as the pulpe doth weigh, and boyle it to a candy

candy height with a graine of Muske, then beate your pulpe very fine in a ſtone morter, then throw it in the hot Sugar and let it boyle alwayes ſtirring it till they come from the bottome, then lay them vppon ſheetes of glaſſe in what faſhion you will, and when it is cold put it in a warme Ouen or ſtoue, the next day it will candy vpon it, then turne it and let it candy on the other ſide and in ſixe or eight dayes it will be dry enough, & ſo box it and keepe it for your vſe.

40

To make past of Lemons.

VSe them in all things as you did the Oringes, but put not so much Sugar by halfe for that the Lemons are not so bitter as the Oringes, then box them & keepe them for your vse.

41

To make past of Respasses.

TAke of the cleareſt and ribeſt Rasberies, ſtamp them & ſtraine them through

a

a cushion canuas, and dry it vpon a chaffindish of coales in a siluer or earthen dish alwayes stirring it, then take twise as much double refined sugar as the pulp doth weigh with a graine of Muske, and boyle it to a candy height with as much Rose-water as will dissolue it, then put it in your pulpe and let it boyle very softly, alwayes sturring it till it growe something thicke, alwayes stirring it till it come from the bottome of the posnet, then lay it vpon a sheete of glasse in what fashion you please, and set it into a warme Ouen or Stoue, and when you see it candy vpon the

the top, turne it and let it candy on the other side, and in ten or twelue dayes it will be dry enough, then boxe it and keepe it dry for your vse.

42

To make white past of Rasberies.

TAke of the cleareſt white Rasberies and picke them and vſe them in all things as you did the other, and they will be very cleare and white.

43 To

43

To make cleare cakes of Rasberies.

TAke of the cleareſt and reddeſt Rasberies as many as you pleaſe, and put them into an earthen pot, put to euery pound halfe a pound of double refined Sugar, and a graine of Muske, ſtop your pot cloſe and ſet it into a kettle of ſeething water, letting it boyle fiue or ſix houres cloſe couered, then ſtraine them through a cuſhen canvas, then take as much as the pulpe doeth weigh

weigh of double refined Sugar, and as much whiter Sugar candy being finely beaten, boyle it to a *manus christi* height, with as much water as will desoule it, then put in the foresaid pulpe, letting it boyle softly, alwayes stirring it till it begin to candy in the posnet, then lay it vpon sheetes of glasse in little round cakes, and when it is cold it will haue a candy on the top, & looke as cleere as glasse, and as red as a Ruby, then you may turne it and set it into a warme ouen or stoue till it candy on the other side, now and then turning it, and in sixe or eight

dayes it will bee cleare and dry, then box it and keepe it for your vse: but by any meanes let it not boyle too fast, for it will make it blacke and burne the Sugar, let the ouen be but a litle warme, for it will melt the Candy, and make the Cakes tough.

44

To make past of Gooseberies.

TAke two pound of Gooseberies, cut of the stalkes and the tops, put them into an earthen pot close couered and set into a pot of boyling water

water, and let them boyle two houres, then powre them into a Cullender, letting the liquor run cleare from them, then ſtraine them through a cuſhen canuas, then take twiſ ſo much double refined ſugar as the pulp doth weigh, boyle it to a candy height with as much Roſe-water as will deſolue it, and then put in your pulpe and let it boile alwaies ſtirring it till it growe ſomething ſtife, then lay it vpon a ſheet of glaſſe in round cakes or what faſhion you pleaſe, and when it is cold ſet it in a warme Ouen or Stoue, and when it is candied on the top then turne it and let it candy

on the other side, and in ten or twelue dayes it will bee dry, then boxe it and keepe it for your vse.

45

To preserue Gooseberies.

TAke of the faireſt Gooſberies when they begin to be ripe, cutting off the blackes and the crownes, and pricke them through with a needle, then take twiſe ſo much clarified Sugar as the weight of them, put them into the hot ſugar and let them boyle vp ſuddenly, letting them ſtand in the ſirrup till they

they be cold, then let them boyle vppe againe the third time, put them in your pots or glasses warme.

46

Another way to preserue Gooseberies greene.

TAke your faireſt Gooſeberies when they be green cut off the blackes and the tops, pricke them through with a needle, and take foure times the weight of them of clarified ſugar, then put them into the hott clarified Sugar, and let them boyle vp, and let them ſtand three dayes,

and let them boile vp againe, the third time put them vp betwixt hot and cold into pots or glasses, stoppe it vp close and keepe it for your vse, of all these moist fruites you must boyle your sirrup after the berries, till it bee something stiffe.

47

To dry Gooseberies.

TAke preserued Gooseberies and wash them out of the sirrup and set them into a warme ouen, on a sheete of glasse, and in two or three dayes they will be dry, then take

take as much double refined Sugar as wil couer them boi led to a candy height, with as much Rose-water as will desolue it, then throwe the Gooseberies into the hot sugar, so soone as they boyle take them off, taking them vp one by one by the stalkes and lay them vpon a sheete of glasse, set them into a warme Ouen or Stoue, and in fiue or sixe dayes they will be dry, then box them for your vse.

48

To make Tartstuffe of Gooseberies.

TAke the ripest Gooseberies, and picke them, and put them in an earthen pot, stop it close and set it in a kettle of boyling water, and let it boyle three or foure houres, then take them out and put them in a cullender till the liquor be cleane gone from them, then straine them through a cushen canuas, then take twise as much clarified Sugar as the pulpe doth weigh, then put in the pulpe

pulpe and let it boyle alwaies ſtirring it till it be ſomething thicke, then put it vp, and when it is cold couer it cloſe from the ayre, and ſo keepe it for your vſe.

49

To make Tartſtuffe of Rasberies as red as a Rubie.

TAke of the cleareſt red Rasberies when they be ripe, and vſe them in all things as you did the Gooſeberies in the ſame maner you may make Tartſtuffe of any moiſt fruites when they bee ripe.

To make Premellies.

TAke the faireſt Damask Proines being not too dry, ſwell them in ſcalding water, then take a ſharpe knife and pare off the vppe skin, then take as much double refined Sugar as will couer them boyled to a candy height with as much Roſewater as will deſolue it, then throw in the Proynes into the hot Sugar, and let them boyle alwayes ſtirring them till you ſee it begin to candy and ſticke to the ſides of the poſnet,

poſnet then take them out of the ſugar & in three or foure dayes they will be dry, then boxe them vp and keep them for your vſe.

51

To preſerue Grapes.

TAke of the faireſt bunch of the whiteſt Grapes, gathered in the heate of the day, picke out the ſmalleſt Grapes with a penknife. and make your bunches cleare, and alſo your ſtalkes cleane; then take out the ſtones with a needle on the one ſide, but make not the hole

hole to bigge: then take the weight of halfe your grapes in Sugar clarified, with as much Roſe-water as will diſſolue it, then put your grapes into the hot boyling Sugar. and let them boyle vp to the top of the poſnet, then take it off and let it coole: when it hath boyled vp the third time, let it ſtand in the ſirrup till the next day, then ſet it on the fire againe, and let it boyle, cooling it now and then, and boyle your ſirrup till it be thicke, and betweene hot and cold, put it into pots or glaſſes for your vſe.

52

To dry Grapes.

TAke of your bunches of preſeru'd Grapes, waſh them in warme water, dry them in a faire cloath, and lay them vpon a ſheete of glaſſe, ſet them into a warme Ouen or ſtoue two or three dayes: then take aſmuch double refined ſugar as will couer them, boyld to a candy height, with as much Roſe-water as will deſolue it, then throw the grapes into the hot ſugar, & turne them in the boyling ſugar with a ſpoone

ſpoone, and when the ſuga. beginns to bee thicke, then take out the Grapes and let the ſugar draine from them, then lay them on a ſheete o glaſſe, ſet them in a warme Ouen or ſtoue, and in fiue or ſixe dayes they will be dry enough, them boxe them for your vſe.

53

To preſerue Oringes whole with their meat in them.

TAke of your fayreſt cleere Oringes, and rape off the vpper rinde with a

a raſpe, take to euery poun of Oringes, a pound of Sugar and a pint of water, a graine of Muske, boyle them very ſoftly, now and then skime them and turne them for the ſpace of ſixe houres, then let thē ſtand three daies in the ſirrup, then boyle it againe very ſoftly for the ſpace of two houres, and betwixt hotte and could pot them vp for your vſe: but in any caſe forget not to waſh the Oringes, ſixe dayes, ſhifting of them twiſe a day, before you preſerue them.

54

To preserue Lemons with their meate in them.

TAke of your faireſt cleere Lemons, doe in all things as in the Oringes, but water them but two dayes, and take heede your Lemons bee not bitter.

56

To make paſte of Quinces.

TAke your faireſt yellow Quinces, boyle them very

very tender in their skinnes, and ſcrape the pulpe cleane from the skinne, beate it in a ſtone morter, putting to euery pound of it, a graine of Muske, then take the waight of your pulpe in double refined ſugar, boyle it to a candie height, with as much Roſe-water as will diſſolue it: put your pulpe into the boyling ſugar, let it boyle alwaies ſtirring it, till it grow ſomething ſtiffe, and come from the bottom of the poſnet: then lay it vpon ſheetes of glaſſe, in little round caks, of what faſhion you pleaſe. and when it is could ſet it in a hotte Ouen or ſtoue, and when

when it is candied on the vpper ſide, turne it and candie it on the other: in tenne or twelue dayes it will be dry then boxe it and keepe it for your vſe.

56

To make Oring chipps, a very cordial thing againſt the paine or wind in the Stomacke.

TAke your faireſt cleere Oringes, and pare off the outermoſt peele as thinne as a paper, cut your peeles in pieces halfe an inch long, then take foure times the

the waight of your peeles in double refined ſugar, boyle them to a candie height with as much roſe-water as will deſolue it, and then put in your peele into the hot ſugar, and let it boyle, alwayes ſtirring it till it begin to candie, and to growe into crumbles: then lay it in a ſheete of glaſſe, & ſet it in a warme Ouen or ſtoue till you ſee it bee dry, then keepe it in a Boxe and eate of it euery morning and Euening.

57

To make past of Wardens.

TAke of your cleereſt & ripeſt wardens, pare them and cut them in pieces, take the coare cleane out of them, put thē into an earthen pot, with a graine of Muske, and a few whole cloues to euery pound of wardens, half a pound of ſugar, as much Claret wine as will couer them, ſet them in the Ouen, and ſtop them cloſe, and ſet them in the ouen with your browne bread, then wring the wardens and dry them in

a

a very faire cloath, and beate them in a ſtone mortar, then take as much double refined ſugar as the pulp doth weigh, and boyle it to a Candy height, with as much Roſe-water as will deſolue it, then put your pulpe into the hot ſugar. let it boyle, alwayes ſtirring it till it come from the bottome of the poſnet, then lay it vpon ſheetes of glaſſe, in round cakes or what faſhions you pleaſe: when it is could, ſette it in a hotte Ouen or ſtoue, and when it is Candied on the vpper ſide, turne the other and let it Candie alſo, and in tenne or twelue dayes they

they will be dry, then boxe them for your vse.

58

To make marmelate of damsons.

TAke of the ripest, and faires Damsons, put them into an earthen pot, put to euery pound of Damsons, halfe a pound of sugar, and a graine of musk, stop your pot close and sette it into a ketle of boyling water, letting them boyle fiue or sixe houres, then poure them into a cullender, and let the sirrup run from them then straine your Damsons

dish

through a Canuas ſtrainer, then dry it vpon a chafing-diſh of coales, in a ſiluer or earthen diſh, then take as much double refined ſugar as the pulpe doth waigh, boyle it to a candy height, with as much Roſe-water as wil deſolue it, then put in your pulpe into the boyling Sugar, and let it boyle, alwayes ſtirring it from the bottome of the poſnet: then boxe it vp in Marmulate boxes, and when it is could it will haue a candy on the top, and ſoe keepe it for your vſe.

To

59

To make paste of Damsons.

TAke of the foresayd pulp of Damsons, with which you made your Marmelate, and boyled to the same height in double refined sugar, then lay it vpon a sheete of glasse, in round cakes or what fashion you please, and when it is could, sette it into a hot Ouen or stoue, and when it is candied vpon the top, turne it and candie it on the other side also: and in tenne or twelue dayes it will be dry enough, then

then you may box them and keepe them for your vſe.

60

To make Marmelate of Gooſeberies.

PIcke and parboyle your Gooſeberies, hang them in a faire cloth, let the water dry from them, then ſtraine them through a canuas ſtrainer and dry your pulpe on a chafindiſh of coales alwayes ſtirring them, then take twiſe ſo much double refined Sugar boyled to a candy height with as much Roſe-water as will deſoule it, then put in the

pulpe into the boyling Sugar alwayes ſtirring it till it groweth ſomething ſtiffe and come cleane from the bottome of the poſnet, then put it into Marmelate boxes and ſet it in a warme Quen till it candy vpon the top, and when it is cold couer it and keepe it for your vſe.

61

To make paſt of Potatoes.

BOyle your Potatoes very tender, pare them and pricke out all the blackes of them, put to euery pound of them a graine of Muske, and beate

beate them in a ſtone morter very fine, then take as much refined Sugar as the pulpe doth weigh, and boyle it to a candy height with as much Roſe-water as will deſolue it, then put in the pulpe into the boyling Sugar, let it boyle alwayes ſtirring it till it come from the bottome of the poſnet, then lay it on a ſheete of glaſſe in round cakes or in what faſhion you pleaſe, and ſet it in a warme Ouen or Stoue, and when it is candied on the top, then turne it on the other ſide, and let it candy, and in ten or twelue daies it will be dry, then boxe it for your vſe.

To preserue Potatoes.

TAke a pound of the cleareſt Potatoes, pare them and lay them in faire water, a pound of clarified Sugar, cutting your Potatoes in quarters and put them in the hotte Sugar, let them boyle the ſpace of an houre very ſoftly now and then turning them, then take them off and let them ſtand till they be cold, then ſet them on, boyling them another houre, then take them off, and betweene hot

and

and cold, put them vp for your vse.

63

To dry Potatoes.

TAke preserued Potatoes washing them, or out of the sirrup with a little warme water, then dry them in a faire cloath, then take as much double refined Sugar as will couer them boyled to a candy height as will desolue it, then put your Potatoes into the boyling Sugar, and turne them with a spoone when you see the Sugar begin to candy about the

ſpoone, then take them vp and lay them vpon a ſheeete of glaſſe, ſet them in a warme Ouen or Stoue till it be candied on the top, then turne it on the other ſide to candy, and in ten or twelue dayes it will be dry, then boxe it for your vſe.

64

To dry Cherries or any other preſerued plums.

TAke your Cherries or plums and waſh them out of the ſirrupe in warme water, then dry them in a faire cloath, take aſmuch double

double refined Sugar as will couer them, with as much Rose-water as will desolue it, put them into your hot boyling sugar, turne them in the sirruppe with a spoone till the sugar beginne to candy about the spoone, then take them out by the stalkes and lay them on a sheete of glasse and set it in a warme Ouen or Stoue, and in fiue or sixe dayes they will bee dry and haue a candy on the toppe, then boxe them for your vse.

To make freneh ruske.

TAke of your Marchpaine paſt, dry it in a warme Ouen vppon Marchpaine wafers and papers, then take halfe a pound of double refined Sugar, and a quarter of a pound of Sugar-Candy beaten very fine boyled to a candy height with as much Roſe-water as will deſolue it, then put in the dry cakes into the hot ſugar, then turne them and preſently take them out and lay them vpon a latice of candy

dy wyres and ſet them in a warme ouen or ſtoue, and when they be candied boxe them for your vſe.

66

To caſt fruitiges in hot Sugar.

TAke a double mould cut inward in wood in the faſhion of a Lyon, lay your too halfes of your mould two dayes in cold water, then ſhake them out but dry them not, then pin them together and bind them faſt, then take a pound of double refined ſugar, a quarter of a pound of white

white ſugar candy, boyle it to a *Manus Chriſti* height with as much Roſe-water as will deſolue it, powre your hot ſugar into your mould and let it ſtand vpon an edge and in foure houres it will be cold, then take it foorth for your vſe.

67

To make other ſmall fruitiges in hot Sugar.

AS Muskels, Redeiſhes, cockles or any ſuch like forms take the moulds beloging to theſe things, or any thing elſe you would make, and

and lay them in cold water as before: ſhake out the water and bind them cloſe, then put in your boyling Sugar, and let it ſtand on an end, and when it is could take it out and keepe it dry for your vſe.

68

To caſt a Lemon in hot Sugar that ſhall be hollow within.

TAke an alablaſter mould being moulded vpon a Lemon, and cut it off the Lemon in two halues, with a hole in the top, wet them in cold

cold water and bind them close with a threed, & powre in as much of your foresaide hott Sugar as will fill your mould halfe full, then take the mould in your hand and lay your thumbe vpon the hole and turne your hand round, and while you may tell a hundreth it will bee cold, then open your mould and take it out and it will bee like a cleare Lemon and hollow within, so keepe it dry for your vse.

To make Sugar plate.

TAke a pound of double refined Sugar, beate it and cearse it through a fine tyffenie or lawne. then take as much gum dragagant as a Walnut steept in Damaske Rose-water, and beate it to perfect past in an Alablaster morter, then rowle it vpon a white paper as thin as a card with a Cane, and before it be dry you may cut in flower, cardes, or what you will, and when it is dry you may keep it in boxes for your vse.

70

Againſt the trembling of the heart.

TAke 3 or 4 ſpooneſuls of Claret-wine, and halfe as much Damask-Roſe-water, an ounce of white Sugar-candy deſolued and giue it the ſick to drinke warme.

71

To make Muſcadinaes, cõmonly called kiſſing Comfets.

TAke halfe a pound of double refined Sugar, beaten

beaten and cearſed, put into the beating thereof, two graines of Muske, 3 graines of amber-greeſe, & a dram of orris powder: beat all theſe together with gum Dragagon ſteept in damaske-roſe-water, in an alablaſter mortar to a perfect paſte, then ſlicke a ſheete of white paper, ſlicked with a ſlick-ſtone very ſmooth and rowle your ſugar paſte vpon it, then cut it like lozenges with a rowel, & ſo dry them vpon a ſtone, and when they bee dry they will ſerue to garniſh a marchpaine, or other diſhes, tarts, Cuſtards, or whatſoever elſe, if you will haue any red, you

muſt

must mingle it with *Rosa Paris*, if blew with blew bottles growing in the corne.

72

To make Sugar of Roses.

TAke the buds of red Roses, cut off the tops of the flowers, put them in a siue, and set them in a warme Ouen & couer them with white paper, for the Ouen will change the colour of them, and dry them, beating them to a very fine powder, then wring into them the yuce of two or three Lemons, and it will bring your Roses to an ex-

excellent colour, then take foure times the weight of your Roſes of double refined ſugar, and as much Roſe-water as will deſolue it, boyle it to a candy height, thē throw in your Roſes in the hot boyling Sugar alwayes ſtirring them till they come from the bottome of the poſnet, then lay it vpon a ſheete of glaſſe like bakers rowles as long as your finger, and ſet it into a warme ouen or ſtoue, and in ten dayes they will be dry enough, & haue a candy vpon the top, then box them and keepe them for your vſe, they are very cordiall for the ſtomacke.

To make Bisket of Almonds good against the rhume & wind in the stomacke.

TAke a pound of double refined sugar, beaten and cearst, halfe a pound of Almonds being blancht and beaten very fine, a graine of Muske, an ounce of the powder of dryed Lemon, foure ounces of cearst ginger; take as much dragagant steeped in rose-water, as will beate these to a perfect paste, then roule it in round cakes, some two inches ouer, about the thickness

thickneſſe of two ſhillings: ſette it in a warme ouen or ſtoue, and dry it and keepe it for your vſe in boxes.

74

To raiſe vp fleame, and coller from the Stomacke.

TAke a cleere, ſound Lemon, & cut it in ſquare pieces, as bigge as a Die, rinde and all, and dippe them in the powder of fine ſugar, and ſwallow ſixe or ſeauen at a time, and you ſhal find them cut the fleame aſunder from your ſtomack, & bringe it away very eaſie.

A bill of Seruice for a Banquet.

Serue your banqueting ſtuffe in Siluer or Guilt Boules, or Glaſſe Plates, and ſet your Boules on the Table as you ſee in theſe following examples:

Put in euery Boule two or three ſeuerall fruits, but not wet and dry together.

A Marchpaine.

Mack-roones.

Preſerued peare-plums.

Dryed Apri-cockes.

preſerued Oringes whole.

French-Bisket.

Cleere cakes of Rasberies.

Paſte of Apricocks.

Preſerued Cherries

A delightfull and daily exercise,

A Marchpaine.

Naples bisket.

Paste of pippins.

Comfites of 2 sortes.

Preserued gooseberies.

Counties Cakes,

Lemons in quaking iellie.

Drye cherries.

Paste of gooseberies.

A

A Marchpaine.

Shrewsbery cakes.

Preserued pippins.

Paste of Rasberies.

Preserued damsons.

Dry peare-plums.

Almond Iambales.

Candied Citron.

Sucket Lemons.

A Marchpaine.

Preſerued Barbaries.

Candied Eringoes.

Artificiall Fruits.

Gente-liſſes.

Marmelate of Gooſeberies.

Diaſettony of Quinces.

Marble paſte.

Shell bread.

A March-

A Marchpaine.

Sucket of Walenuts.

Marmelate of Damsons.

Comfeits of 2 other sortes.

Pippins in quaking ielley.

Preserued Quinces.

Nouelleſſes.

Synamon ſticks made by Art.

Preſerued wardens.

A Marchpaine.

Greene gooſeberies.

Canalones in ſpices

Sugar of Roſes.

Prince Bisket.

Sinamon letters by Art.

Muſcadines called kiſſing Comfites.

Dryed Oringes.

Quide-niock.

for Ladies and Gentlewomen

A Bill of Seruice for a Banquet *on the* Dutch *faſhion.*

You may put two or three ſortes of your fruite in euery bowle, but put not wet and dry together.

A Marchpaine.

Greene Mackroones.

Preſerued plums.

Caueaire.

Dryed Apricoks.

Counties Cakes,

Parmaſant.

Bisket.

Anchouies.

A Marchpaine.

Paste of pippins.

Naples bisket.

Comfites of 2 sortes.

Preserued gooseberies.

Sinamon letters.

Lemons in quaking iellie.

Drye cherries.

Paste of gooseberies.

A March-

A Marchpaine.

Sugar cakes. Preserued pippins.

Paste of Rasberies.

Preserued damsons. Dry peare-plums.

Almond Iambales.

Candied Citron. Sucket Lemons.

A March-

A Marchpaine.

Preserued Barberies.

Candied Oringes.

Artificiall fruites.

Gentillisses.

Marmelate of Gooseberies

Diasetonia of Quinces.

Marble Paste.

Shell bread.

A March-

A Marchpaine.

Succet of Walnuts.

Marmelate of damsons

Comfeites of 2 sortes.

Pippins in quaking Ielley

Preserued Quinces.

Noueliſſes.

Sinamon Sticks by Art.

Marmelate of wardens.

FINIS.

A BOOKE OF *COOKERIE:*

Containing many of the beſt and choſeſt workes, that are vſed at this day, both of the *French* & *Dutch* faſhions.

Neuer before in Print *till this time.*

LONDON.
Printed for *Thomas Dewe* and are to be ſo'd at his Shop in Saint Dunſtons *Church-yard*, 1621.

A new Booke of *Cookerie.*

1

To boyle a Capon or Chicken with Colle-flowres.

VT of the budds of your flowres, boile them in milke with a little Mace, till they be very tender: then

take the yol es of two eggs ſtraine them with a quarter of a pint of Sacke. then take aſmuch thicke butter being drawne, with a little vineger and a ſliced Lemmon, and brue them together, then take the flowers out of the Milke, and put them into the Butter and Sacke, then diſh vp your Capon, being tender boyld, vpon ſippets, ſtrowing a little ſalt vpon it, and ſo poure on the ſawce vpon it and ſo ſerue it to the Table hotte.

2

How to butter a Colle-flowre.

TAke a ripe Colle-floure and cut off the buddes, boyle them in milke with a little Mace while they be very tender, then poure them into a Cullender, and let the Milke runne cleane from them, then take a ladle full of Creame, being boyled with a little whole Mace, putting to it a Ladle-full of thicke butter, mingle them together with a little Sugar, diſh vp your flowres

vpon ſippets, poure your butter and creame hot vpon it ſtrowing on a little ſliceſt Nutmeg and ſalt, and ſerue it to the Table hot.

3

How to draw your butter thicke.

PVt to euery pound of butter, ſixe ſpoonefulls of vinegar, a branch of Roſemary, a little whole mace, & a few cloues, put them into an earthen pipkin, or a pewter diſh, and ſet them vpon a few coales, and when the butter begins to melt, take a

a ladle and powre it vp a high till it be all melted, and then it will bee as thicke as creame, and ſerue to butter any freſh fiſh.

4

To boyle a Capon or chicken in Sacke and Pottage.

BOyle your Capons or Chickens in fayre water, with a little Oatemeale to make them looke white: then take ryſe pottage when it is boyld and ſeaſoned readie to eate, then put into it a pint of Sacke, ſtrained with the yolkes of foure raw egs,

and as much powder of Safron as the weight of three-pence, a little ſalt, and as much Sugar as will ſeaſon it: a pint of Sacke, and foure eges will ſeaſon a pottle of your pottage: and then diſh vp your Capons or chickens vpon ſippets, and poure your Sack & pottage vpon them, and ſo ſerue it to the Table hotte.

5

To boyle Chickens with Sparagus.

BOyle your Chickens in faire water, with a little whole

whole mace, put into their bellies a little parſley, and a little ſweete butter, diſh them vpon ſippets and powre a little of the ſame broath vpon it, and take a handfull of ſparagus being boyld, and put them into a Ladle full of thicke butter, and ſtir it together in a diſh, and powre it vpon your Chickens orpuiiets, ſtrew on ſalt, and ſerue it to the Table hot.

6

To boyle a Mallard with Carets and Onyons.

TAke a Mallard being halfe roaſted, and cut her vp as you doe to eate them, put her into a pipkin with the breſt downeward, put to her two or three ſliced Onyons, and Carrets, ſliced ſquare the bigneſſe of a Butchers prick, an inch long, a little groſe pepper, a little ſalt, a little whole mace, a piece of ſweete butter, a little parſley, a little ſauory and time, a pint of ſtrong broath,

a

a quarter of a pint of white-wine: let theſe boyle halfe away very ſoftly, then diſh vp your Ducke vpon ſippets, and powre your broath on the toppe, and ſerue it hot to the Table.

7

To make a made diſh of Turneps.

PAre your Turnepes as you would pare a Pippin then cut them in ſquare pieces, an inch and a halfe long and as thicke as a Butchers pricke or skewet, put them into a pipkin with a pound of

of butter, and three or foure ſpoonefuls of ſtrong broath, and a quarter of a pint of Vineger ſeaſoned with a little Pepper, Ginger, Salt and Sugar, and let them ſtue very eaſily vpon a ſoft fire, for the ſpace of two houres or more, now and then turning them with a ſpoone, as occaſion ſhall ſerue, but by all meanes take heede you breake them not, then diſh them vp vpon Sippets, and ſerue them to the Table hot.

8

To boyle a Rabbet, Capon, or Chickins with Turneps.

BOle your Rabbet, Capon, or Chickins very tender in faire water and ſtrained Oatemeale to make them looke white: take halfe a pinte of very good Creame being boyled with whole Mace, likewiſe put to it a quarter of a pinte of thicke Butter, a ladle full of the foreſaid ſtued Turneps, mingle them well together in a diſh, then preſently you ſhall

ſhall diſh vp your Rabbet, Capon, or Chickins vpon ſippets, then powre your broath vpon them, and ſo let it be ſerued hotte to the Table.

9

To make Almond Puffes.

TAke halfe a pound of blancht Almonds, beate them very fine with a little Roſe-water, then mingle them with a quarter of a pound of Sugar, and the whites of two rawe egges, make them in little round cakes

cakes, ſetting them vpon buttered white Papers, and ſo bake them, and when you ſee them beginne to looke white, bake them in an Ouen as hot as for Manchet, and when they looke white draw them out and then put them in a diſh, then poure vpon them Roſe-water and Butter, ſcrape vpon them good ſtore of Sugar, and ſet them into the Ouen againe, while they bee candied vpon the toppe, then draw them foorth, and ſo ſerue them to the Table hotte.

10

To boyle Chekins or Capon with Peſcods.

TAke greene ſugar Peaſe when the pods bee but young, and pull out the ſtring of the backe of the podde, and picke the huske of the ſtalkes ende, and as many as you can take vp in your hand at three ſeuerall times, put them into the pipkin, with halfe a pound of ſweete Butter, a quarter of a pint of faire water, a little groſe Pepper, Salt, and Oyle and Mace, and let them ſtue very

very ſoftly till that they bee very tender, then put in the yolkes of two or three rawe egges ſtrained with ſixe ſpooneſuls of Sacke, and as much Vinegar, put it into your Peaſcods and brewe them with a ladle, then diſh vp your Capon or Chickins vpon ſippets, then poure your Peaſcods and broath vpon them, then ſtrewe on ſalt and ſerue it to the table hott.

11

To fry an egge as round as a ball.

TAke a broad posnet or a deepe frying-panne and a quart or three pints of clarified butter or sweete suet, heate it as hot as you doe to fry Fritters, then take a sticke and stirre it till it run round like vnto a whirley-pit, then breake an egge into the middle of the whirle and turne it round with your sticke vntill it bee as hard as soft pocht egge, and the whirling of your suet will

will make it as round as a bal, then take it vp with a slice and put it into a warme pipken and set it leaning against the fire, for so you may doe as many as you please, and they will keepe hot halfe an houre at the least and yet be soft.

12

To fry bakon to serue with these egges.

CVt your bakon as thinne as a card and parboyle it, then fry it in a panne without any liquor vpon a very coole fire, then fry them good

and browne on the other ſide, then take them vp and put them in a warme diſh and ſet them by the fire and it will be very criſpe and neuer riſe in the ſtomake, then diſh vp your egs in a warme diſh and lay the bakon all ouer them couer them with a diſh, and ſerue them to the table hot.

13

To haſh a loyne of Veale.

WHen your loyne of Veale is halfe roſted cut out a piece of fleſh as broad as your hand cloſe to

to the bone, from the one end to the other, then cut that piece in thinne slices as thinne as euer you can cut them, then slice them with a litle sweete butter and vinegar, grose pepper, a fagget of sweete herbes, the coare of a Lemon with a little salt, and when your loyne of Veale is rosted, dish it vp with the kidney-side downward, and poure this meate on the top where you cut it out, throwe on salt and serue it to the table hot.

14

To ſtew fillets of beefe.

TAke a rawe fillet of beefe and cut it in thin ſlices halfe as broad as your hand and fry them till they bee halfe fried in a frying-panne with ſweete butter vppon each ſide with a ſoaft fire, then powre them into a diſh or pipkin putting in a pint of claret-wine, a faggot of ſweete herbes, and two or three blades of whole mace, a litle ſalt, the meate of a Lemon cut in ſlices, then ſtewe theſe all together very ſofily

ſoftly for the ſpace of two or three houres till it be halfe boyled away, then diſh it vpon ſippets and throwe ſalt vpon it, and ſerue it to the table hot.

15

To make an excellent haſher of Veale.

TAke a fillet of Veale with the vdder on it, cutting away the froathie flappe when it is halfe roaſted, and cut it in thinne ſlices and choppe it reaſonable fine with a ſhredding-knife, with one handfull of

Currance, two handfuls of french Capers, ſeaſon it with a little beaten Nutmegges, Ginger, Mace and Sinamon, and a handfull of Sugar, ſtew theſe with a pound of butter, a quarter of a pint of vinegar, as much of the liquor of the Capers, a faggot of ſweete herbes and a litle ſalt, let all theſe boyle ſoftly two houres, now and then ſtirring it, then diſh it in ſmall diſhes, and ſticke about it fryde Toaſts or Friters, then throw ſalt vppon it and ſerue it to the table hot.

16

To fry Fritters in a Fritter-mould.

TEmper a fine batter with three or foure egges, and a litle faire water and fine flower, and then make it into a batter as thick as good thick creame, then take a gallon of clarified butter, heate it as hot as you vſe to heate your larde to fry Fritters withall vpon a cleare charcole fire, then put your Fritter-moulds into the hot butter, and when they bee thorough hot, dry

them with a cloath and dip them in your batter none but the vnder-ſide, let not the batter touch the vpper-ſide of your mould, then dip your mould into the hott butter, and when you ſee your Fritter begin to turne white giue your mould a iogge and the Fritter will caſt off into the butter, then turne it with a ſlice, and when you ſee it looke yellowe take it vp and lay it in a warme diſh and ſet it againſt the fire, and they will bee very light and criſpe to garniſh out your boylde meates and ſallets.

17

To ſtew Flounders.

TAke two faire Flounders, cut off the heads and the finnes, creſſe them ouerthwart with a ſharp knife two or three cuts, then put them in a pewter diſh the white ſide downeward, put in halfe a pint of ſweete butter, halfe a pint of vinegar, a hand full of ſhred parſley, three or foure blades of Mace, a faggot of ſweete herbes, three or foure whole Onions, ſtrow on a little ſalt, and let them ſtewe halfe an

houre

houre, then turne them and let them ſtew halfe an houre more, then diſh it vpon ſippets and ſtrewe ſalt vpon it, and then ſerue it to the table hott.

18

To broyle Mackrell on the Dutch faſhion.

LAy your Mackrels in Hyſope and Mints, bind them cloſe with a thred that they come not off, then parboyle them in water and ſalt, and a little vinegar, then broyle them while they are very browne and criſpe, then diſh

diſh them vp and take off the threds, then put vinegar and butter vpon them and ſerue them to the table hot, throwing ſalt vpon them.

19

To make a Hutchpot on the Dutch faſhion

TAke ſeuen or eight pieces of the beſt of the Beefe, and euery piece as broad as your hand, and ſet them on the fire in two gallons of water, and then when they boyle skumme them, letting it ſtew halfe away: then take a good handfull of

of Parſley, two handfulls of Spinage, halfe a handfull of Satory and Thime ſtript, wring them betweene your hands once or twiſe, and when that is done throwe it into your meate, then put in three or foure whole onions Pepper, three or foure blades of Mace, and a little Salt, three or foure quartered Carrets, if the Carrets bee ſmall you may then put in the more according to your owne iugdement, and then let it boyle againe cloſe couered till halfe be boyled away, then diſh it vpon ſippets and poure your Carrets and the Heabes vpon the

the toppe thereof, and then throw Salt vpon it and so serue it to the Table hotte.

20

To butter Plaice vpon Sorrell sops.

BOyle your Plaice in faire water and Salt, and a fewe sweete Hearbes and Vinegar, then take them vp and dry them in a faire cloath, then dish them in sippets in the botom of the dish. then powre vpon it a quarter of a pint of the yuce of Sorrell, and set it vpon a chafindish of coales, and when you

you bee ready to ſerue it, poure vpon it a little butter drawne thicke with the yuce of Sorrell, then ſtrowe on groſe Pepper and Salt, put ſippets about it and ſerue it then to the table hotte, your ſauce will looke very greene and the fiſh eate pleaſant and ſhort.

21

To boyle a fillet of Veale to ſerue cold.

TAke a fillet of Veale and powder it in brine two or three dayes, then cut a peece of french lard as bigg as

as your finger, and a handfull long, then rowle your lard in good ſtoore of pepper, then drawe it cleane thorough the but-end of your Veale as thicke as you canne ſet one peece by another, then tye it vp into a very faire cloath to keepe it white, and that it breake not to peeces, then boyle it as tender as you vſe to boyle Brawne, then take it vp, and when it is cold pare off the outſide and ſlice it in ſlices as thicke as your finger, ſerue three or foure ſlices in a diſh to the table, ſerue it with a ſaucer of Muſtard and Sugar, and it will be a moſt excellent diſh of meate to

ſerue

ſerue either to the firſt or ſecond courſe.

22

To boyle Mutton in Seaw.

TAke a Legge or a Loine of Mutton, cut either of them in 3 or 4. pieces, ſet them on in a gallon of faire water, and when it boyleth skumme it, then put in three or foure blades of mace, groſe Pepper, whole Cloues, a litle Salt, ſixe whole Onions, let it boyle cloſe couered an houre, then take a handfull of Parſley, a handfull of Spinage,

nage, a handfull of Sorrell, halfe a handfull of Sauory and Time ſtript, three or foure Onions ſlit, and ſhred them very ſmall, then put them into your boyling mutton with, halfe an nounce of grated bread, and let it boile ſomething ſoftly, vntill it comes from a gallon to a pottle, then diſh it very neatly vp vpon ſippets and ſtrew Salt vpon it and ſerue it to the table hot.

To ſtew Sheepes-tongues.

BOyle your Sheepes-tongues very tender, cut them in thinne ſlices, and frye them in ſweete clarified butter, then put them in a pipkin with a pint of Claret-wine, a little beaten Ginger with Sinamon and Sugar, a litle ſalt and grated bread, a handfull of pickt Samphier, a peece of ſweete butter, and ſo let theſe ſtewe a little more then halfe away, now and then ſtirring it, then diſh it vp very handſomely in ſippets

ſippets, and then ſtrewe Salt vppon it and wring on the yuce of a Lemon, and ſo ſerue it vnto the table very hotte.

24

To ſtewe Sheepes-Tratters.

PIcke your Sheepes-tratters very cleane, waſhing them well in faire water, then ſplit them and take out the tongue betweene the cleaues putting them into an earthen pipkin with a pint of ſtrong broath, with halfe a pint of the beſt white Wine, a hand-

full

full of French Capers, with halfe a handfull of Curans and three or foure blades of Mace, a peece of Butter, a handfull of Parſley, halfe a handfull of Sauory and Time ſhred, two or three yolkes of hard egges cut in quarters with a litle ſalt, ſtewe all theſe togither till they bee halfe boyled away, then you may diſh them vpon ſippets, throwe ſalt vpon them and ſerue them to the table hot.

To butter eggs of the best fashion.

BOyle your Egges very hard, and then blanch them in cold water, then slice them as thinne as wafers then you may take sweete butter drawne thicke with faire water, then season your Egges with a little grose Pepper, and salt, and then put them into your thicke butter, and so set them vpon a Chafindish of char-coales, now and then tossing and turning them vpside downe, then

then you may diſh them vp in a very fayre diſh, and prick fryed toaſtes about them: then ſtrew on them a little groſe pepper and ſalt, and ſo you may ſerue them to the Table hot.

29

To boyle a Gurnet or a Rochet.

BOyle your Gurnet in fayre water and Salt, with halfe a pint of the beſt white wine you can get, a very fayre Lemon cut into quarters, a good handfull of ſweet hearbes, three or foure

blades

blades of Mace, a peece of ſweete butter boyle your fiſh in as much of this liquour as will couer it halfe an houre, take a ſliced Nutmegge the meate of a Lemon ſhred ſmall, a good peece of ſweete butter, drawe theſe thicke with fixe ſpoonefuls of your liquor of your fiſh, then diſh it vp and poure on a little of the broath of the fiſhe with the skinny ſidde downeward, and poure your ſauce vpon the fiſh and put ſippets about it, ſtrow ſalt about it, and ſerue it to the table hot.

27

To boyle a knuckle of Veale.

BReake the bones of a knuckle of Veale, and wash it very well, then set it on the fire in a gallon of faire water, and when it boyleth skumme it very cleane, and then put into it a good peece of sweete butter, and the quantitie of seauen or eight blades of the best mace a handfull of Reasons of the Sunne, a handfull of Parsley, a handfull of spinage, halfe a handfull of Sorrell, a Faggot of

of ſweete hearbes and a little Salt, let all theſe boyle together vntill it bee halfe boyled away, now and then ſtirring it, then diſh vp your Veale, put ſippets in euery place about it, and then poure your broath and hearbes on the toppe of it, ſtrowing Salt round about it, and ſo ſerue it in vnto the table hot.

28

To make the olde Broath.

TAke a peece of freſhe beefe and ſlice it in very thinne ſlices as broad as two fingers, then ſet it on the fire with as much faire water as will couer it ouer, and when you haue skummed it well, ſeaſon it with a little beaten Cloues and Mace, and Ginger, a litle ſalt, and ſix ſhift Onions, a litle Ale-

veiſt

yeiſt, a handfull of Currance, a halfe-penny-white loafe cut in very thinne ſlices, a handfull of Parſley, halfe a handfull of Sauory, and Time ſt ipt, and ſhred, ſtewe all theſe together till it bee halfe ſtewed away, then diſh it vp and ſtrowe ſalt round about it, and when you haue done it very neately, then ſerue it to the table hot.

To make a pudding in a Turnep.

TAke of the faireſt and cleareſt Turneps, and ſcrape off all the out ſide but pare it not, and cut the ſtalke cloſe off as poſſibly you can, then cut off a round peece of the bottome like vnto the bottom of a Manchet, and then with a ſiluer ſpoone take out al the in-ſide, but keepe the outſide whole like vnto a diſh, then take and temper

it

it and ſeaſon it in a fine pudding very ſtiffe, then lay on the round bottome, and turne the bottome downeward in a faire cloath, and tye it cloſe at the toppe then throwe it into the beefe kettle, and in an houre it will bee boyled, then diſh it vp and poure on the thicke butter, and groſe pepper with ſalt round about it, and ſo you may ſerue it to the table hot.

30

To ſtewe Hartichockes in Creame.

TAke the thickeſt bottomes of the thickeſt Hartechocks being very tender boyled, and ſtewe them in a little butter and vinegar, whole Mace and Sugar, then take halfe a pint of ſweete Creame boyled with whole Mace, ſtraine it with the yolkes of two new-laide egges, and brewe them together with halfe a ladlefull of the beſt thicke butter and vinegar, a little Sugar, ſo

diſh

diſh vp the bottomes of the Hartechockes, & lay it with ſippets of a ſlickt Lemon round about, then poure your ſauce on the toppe of the Hartechockes. and ſticke them full of fryde toſts vpright, ſcrape on a little Sugar and ſerue it to the table hot.

FINIS.

MVSEVM
BRITAN
NICVM